

2009

Fall Recreation Guide



Walkers returning from Rhodenizer's Falls
on the MARC trails in Dayspring.

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Municipality of the
District of Lunenburg
Recreation Department
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Bridgewater Parks,
Recreation &
Culture Department
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County YMCA
543-9622



TOWN OF BRIDGEWATER

Bridgewater Parks, Recreation and Culture Department 543-2274

REGISTRATION INFORMATION

WALK IN REGISTRATION for Fall 2009 begins at the Bridgewater Parks, Recreation and Culture Department Office **Tuesday, September 8** from **8:30 a.m. to 7:00 p.m.** Fees must be paid at time of registration. Forms of payment: Cash, Cheque, Interac, Visa or Mastercard.

PHONE IN REGISTRATION will be accepted starting **Wednesday, September 9** from **8:30 a.m. to 4:30 p.m.** Phone 543-2274.



REGISTER EARLY as excellent courses are canceled if everyone waits until the last minute to register.

DROP OFF BOX, FAX OR MAIL IN REGISTRATION

will be processed **after the WALK IN** registration has been completed on **September 8**. Simply complete the registration form found on the next page and drop into the drop off box (located to the right of the main entrance of the Bridgewater Town Office, 60 Pleasant Street), along with your cheque made payable to the *Bridgewater Parks, Recreation and Culture Department*. We recommend you do not put cash into the drop off box. The box will be cleared daily and the contents dated.

Fax: 543-6876

Mail: c/o 60 Pleasant Street, Bridgewater, NS B4V 3X9

E-Mail: recreation@bridgewater.ca

Web Page: www.bridgewater.ca

Everyone Welcome

The Bridgewater Parks, Recreation and Culture Department encourages the participation of all citizens, regardless of ability. We would like to ensure people with special needs feel welcome to attend our recreation and leisure programs. If a particular program interests you, please contact our office at 543-2274 so that we can help you.

Program Locations

BHS - Bridgewater High School (York Street)

BES - Bridgewater Elementary School (York Street)

ACSBE - Acadia Centre for Small Business & Entrepreneurship (Gateway Plaza, 215 Dominion Street)

TO - Bridgewater Town Office (60 Pleasant Street)

Refund Policy

- for programs (5-10 weeks in duration) refunds will be granted up to the start of the second class if

the office is contacted during regularly scheduled hours, Mon. to Fri., 8:30 a.m. to 4:30 p.m.

- for workshops, clinics and bus trips at least five working days notice must be given for a refund unless otherwise specified
- administration charge of \$5 for all refund requests
- refund will be prorated after the completion of the one class
- a prorated refund will be granted due to illness or injury if a medical certificate is provided

Cancellations

- October 10-12 (Thanksgiving Weekend)
- November 11 (Remembrance Day)
- October 31 (Halloween)
- Programs will not be held without sufficient registration

REGISTRATION FORM

Registration Form to accompany mail in payments or drop off box registration. Receipts will only be mailed out on request.

Program Participant's Name: _____

*For Youth Programs Only: Age _____ Date of Birth: _____

Health Care # _____ Family Doctor: _____ Phone # _____

Medication Considerations:

Name of Parent/Guardian: _____

Mailing Address: _____ Postal Code: _____

Email Address: _____

Phone Number (home) _____ (contact name) _____

(work) _____ (contact name) _____

1. Program Name: _____ 2. Program Name: _____

Day: _____ Time: _____ Day: _____ Time: _____

Please note: If we cannot accommodate your program request, we will contact you!

Signature: _____ Date: _____

I, the above named candidate (Age 19+) or one of the parents/guardians of the above named candidate (age 18 or under) for the above specified program(s) hereby give my approval myself or for that child to participate in any and all activities pertaining to the above program.

IT IS UNDERSTOOD AND AGREED THAT THERE IS AN INHERENT RISK IN ANY PROGRAM AND THE BRIDGEWATER PARKS, RECREATION & CULTURE COMMISSION, SOMETIMES KNOWN AS THE BRIDGEWATER PARKS, RECREATION & CULTURE DEPARTMENT, ITS STAFF AND ITS PROFESSIONAL AND NON-PROFESSIONAL VOLUNTEERS ARE IN NO WAY RESPONSIBLE FOR DAMAGE TO OR LOSS OF PROPERTY, OR INJURY TO PARTICIPANTS. I, THE UNDERSIGNED, THEREFORE, RELEASE AND AGREE TO INDEMNIFY AND HOLD HARMLESS THE BRIDGEWATER PARKS, RECREATION & CULTURE COMMISSION, ITS STAFF AND PROFESSIONAL AND NON-PROFESSIONAL VOLUNTEERS, AND SPONSORS FROM ALL CLAIMS ARISING FROM ANY LOSS OR INJURY SUFFERED BY THE ABOVE NAMED PARTICIPANT ARISING FROM AND OUT OF ANY INJURY SUFFERED BY THE PARTICIPANT WHILE INVOLVED IN ANY RECREATIONAL PROGRAM.

SIGNATURE OF PARENT/GUARDIAN/PARTICIPANT: _____ DATE: _____
(PARENT/GUARDIAN SIGNATURE REQUIRED FOR PARTICIPANTS UNDER AGE 19)

REGISTER EARLY as excellent courses are cancelled if everyone waits until the last minute to register.

CALL OUR INFO LINE 541-4380 FOR UPDATES TO THE FALL PROGRAM.

AQUATICS

AQUA SPINNING/JOGGING

Join CALA trained instructor Karen Geddes-Selig for an innovative, awesome workout that will challenge athletes, and/or younger or older adults who would like to increase their stamina and strength. Great also for athletes who are recovering from an injury. Class includes a combo of aquajogging (or water running), aquaspinning (a cycling motion), liquid intervals and snoodle work. A perfect way to achieve cardiovascular conditioning while being low impact on the knees and ankles. Come try the “pyramid” and “obstacle”, etc. It’s fun and will help you move towards a fitter, more sculpted body. (Instruction 45 minutes)
 Mon., Sept. 21- Nov. 23, 8-9 pm
 *no class Oct. 12

Days Inn
 \$60.18 + \$7.82 HST = \$68/9 weeks

SENIORS’ AQUAFIT COMBO (Age 50+)

(See Section on Adults 50+ for Details)

AQUA-ARTHRITIS

A gentle non-impact water class that will work towards improving flexibility and range of motion, while helping decrease pain and stiffness. This is an excellent class for anyone with arthritis, recovering from injury, or an entry level exerciser. Karen will incorporate apparatus into the class such as sponges, wands and snoodles, providing variety and “FUN!” Classes will also include a warm-up, aqua-arthritis exercises, gentle cardio and cool down. You may want to consult your doctor before attending this class. 45 minutes of instruction and 15 minute free swim. Participants can work at your own pace.
 Wed., 6:30-7:30 p.m., Sept. 23 - Nov. 25
 Days Inn
 \$60.18 + \$7.82 HST = \$68/9 weeks



FROM RED CROSS SWIM PRESCHOOL TO RED CROSS SWIM KIDS

If they took Red Cross Swim Preschool ...	And they completed/ incomplete	Then enroll them in Red Cross Swim Kids Level ...
Starfish Level	Completed or Incompleted	1
Duck Level	Completed or Incompleted	1
Sea Turtle Level	Completed or Incompleted	1
Salamander Level	Completed or Incompleted	1
Sunfish Level	Completed or Incompleted	2
Crocodile Level	Incompleted	2
Crocodile Level	Completed	3
Whale Level	Completed or Incompleted	3

AQUATICS

The Red Cross Swim program consists of **Red Cross Swim Preschool and Red Cross Swim Kids**.

Red Cross Swim Preschool is a seven-level program with engaging animal themes for children from **6 months to 5 years** of age, i.e. Starfish, Duck, Sea Turtle, Salamander, Sunfish, Crocodile and Whale. Starfish and Duck are **parented** classes. Sea Turtle classes are offered as **parented** and **unparented** classes.

Red Cross Swim Kids for children **6 years and older** is a fresh approach to swimming and water safety education. The 10 levels challenge those who took a preschool program, but will also provide a starting point for children with limited swimming experience.

Children who start in the Preschool program can move into the Kids program once they are 6 years of age. **Please see the following chart for details.**


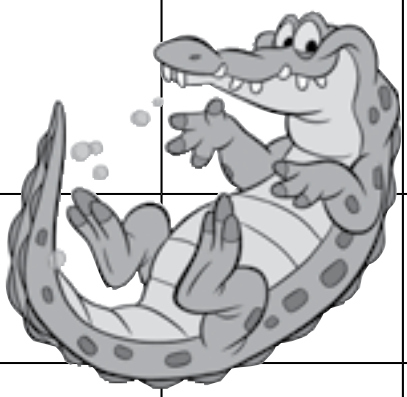


RED CROSS SWIM PRESCHOOL SCHEDULE (Age 6 months - 5 years)

Is a 7-seven program for babies from 6 months to 5-year-old children. The program helps your child become comfortable in the water and explore safe water movement. Songs, games, safety education and basic water skills will be introduced during each class. **A parent must accompany his/her child in the water for the first 3 levels (starfish, duck and sea turtle, unless otherwise specified).*

DAYS INN, \$60/10 classes

FALL SCHEDULE

LEVEL	DESCRIPTION	SUNDAY Sept.20-Nov.29 <i>*No class Oct.11</i>	TUESDAY Sept 15-Nov.17	WEDNESDAY Sept. 16-Nov.25 <i>*no class Nov.11</i>	THURSDAY Sept.17-Nov.19
Parented Starfish/Duck (6mos.-35 mos..)	An introductory class for babies and toddlers with a parent or caregiver. Games,songs and active water play.	Alison Rawding 10:30-11am			
Sea Turtle (30mos.-5yrs) Parented	A transitional level. Develops basic skills in swimming, glides, and floating, etc.	Alison Rawding 11-11:30am			
Sea Turtle (Age 3-5) Unparented		Emily Backman 11:30-12noon Alison Rawding 12-12:30pm	Sarah McCarthy 4-4:30pm		Toni Selig 5-5:30pm
Salamander (Age 3-5) Unparented	Salamanders will actively learn new swimming skills and learn to jump into chest deep water.	Alison Rawding 11:30-12noon		Sarah McCarthy 4:30-5pm	Hailey Millett 5-5:30pm
Salamander/ Sunfish			Jessica Kiss 4-4:30pm		
Sunfish (Age 3-5) Unparented	Sunfish will work on stroke and skill progressions.	Emily Backman 12-12:30pm		Tyler Strang 4-4:30pm	Toni Selig 5:30-6pm
Crocodile (Age 3-5)	Endurance is built through increasing distance for front and back swims. Swimmers learn about dolphin kick and synchro skills.	Emily Backman 12:30-1pm			
Whale (Age 3-5)	Whale will also work on front and back swim and throwing assists.	Alison Rawding 12:30-1pm			
Crocodile/Whale					Hailey Millett 5:30-6pm

RED CROSS SWIM KIDS (Ages 6+))

Red Cross Swim Kids for children 6 years and older is a fresh approach to swimming and water safety education. The 10 levels challenge those who took a preschool program, but will also provide a starting point for children with limited swimming experience.

DAYS INN, \$60/10 classes

FALL SCHEDULE

LEVEL	Description	SUNDAY Sept. 20 - Nov. 29 *no class Oct. 11	TUESDAY Sept. 15 - Nov. 17	WEDNESDAY Sept. 16 - Nov. 25 *no class Nov. 11	THURSDAY Sept. 17 - Nov. 19
1	Orientation to water. Introduces floats and glides with kicks.	Jasmine Ali 5-5:30pm	Jessica Kiss 5-5:30pm	Tyler Strang 4:30-5pm	Toni Selig 4:30-5pm Hailey Millett 6-6:30pm
2	Build skills in front and back swims. Intro to deep water with PFD.	Mitch Baker 5-5:30pm	Jessica Kiss 4:30-5pm Sarah McCarthy 5-5:30pm	Sarah McCarthy 5-5:30pm	Hailey Millett 4:30-5pm
3	Intro to front crawl and diving. Build strength in flutter kick and 15 metre swim.	TBA 10:30-11:15am (deep end) Jasmine Ali 5:30-6pm	Sarah McCarthy 4:30-5pm	Tyler Strang 5-5:30pm	Toni Selig 6-6:30pm
4	Work on front crawl, back glide and shoulder roll for back crawl. Kneeling dives and surface support. 25 metre swim.	TBA 12-12:45pm Gabe Aliphath 5:15-6pm Mitch Baker 5:30-6pm	Tyler Strang 4-4:45pm	Jessica Kiss 4-4:45pm Sarah McCarthy 4-4:30pm	Jasmine Ali 5:45-6:30pm
5	Back crawl is introduced, skulling and whip kick on back. Stride dive, dolphin kick and 50 metre swim.	Hailey Millett 10:30 - 11:15 am Hailey Millett 12:15 - 1:00 pm	Gabe Aliphath 4-4:45pm	Jennifer Pitman 4-4:45pm	Mitch Baker 5:45-6:30pm
5 & 6		Jessica Kiss 5:15-6pm			
6	Elementary backstroke introduced. 75 metre swim.		Tyler Strang 4:45-5:30pm	Jessica Kiss 4:45-5:30pm	Jasmine Ali 4:45-5:30pm
6 & 7		TBA 11:15am-12 noon			
7 & 8		Jessica Kiss 4:30-5:15pm		Jennifer Pitman 4:45-5:30pm	
7	Whip kick on front introduced. Endurance built through treading water and a 150 metre swim.	Hailey Millett 11:15 - 12 noon	Gabe Aliphath 4:45-5:30pm		Mitch Baker 4:45-5:30pm
8	Introduction to breaststroke, foot first dives and rescue entries. Endurance built on the dolphin kick and 300 metre swim.				Jasmine Ali 4-4:45pm
9 & 10	Level 9 - 400 metre swim. Level 10 - Intro to butterfly and scissor kick. 500 metre swim.	Gabe Aliphath 4:30-5:15pm			Mitch Baker 4-4:45pm

CANADIAN RED CROSS AND LIFESAVING SOCIETY OF NOVA SCOTIA LEADERSHIP COURSES

BRONZE MEDALLION & CPR "B" (Age 13+ or Have Bronze Star)

Course covers endurance swimming and technique, basic first aid, CPR, self-rescue and rescue skills. Classes will take place in Lunenburg this fall over two weekends (ie. 20 hours).

Please call our office at 543-2274 or email us at recreation@bridgewater.ca and leave you name, phone number, mailing and email address if you are interested in participating in this course.

BRONZE CROSS (Have Bronze Medallion)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training. Teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. This is a pre-requisite for the National Lifeguard Course. Course will be scheduled for this fall or early winter if there is enough interest. Please call our office at 543-2274 or email us at recreation@bridgewater.ca and leave you name, phone number, mailing and email address if you are interested in participating in this course.

NATIONAL LIFEGUARD SERVICE (Pool Option) & STANDARD FIRST AID & CPR (BLSC) (Age 16+)

The recognized standard of lifeguard performance in Canada. Participants will learn lifeguarding and emergency care techniques and principles for a pool environment. Participants must have Bronze Cross and be 16 years of age by exam date. Proof of Bronze Cross and age is required at registration. Participants must attend all classes. To obtain the above awards, a first aid written and practical and NLS written and practical exam must be passed. If you are interested in taking this course this fall or winter, please call us at 543-2274 or e-mail , recreation@bridgewater.ca.



RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR COURSE (Age 15+)

This certification course is a pre-requisite to the Red Cross WSI course and covers: instructional skills including teaching methods, learning styles, progressions, communication, safety supervision and feedback. Certified AWSI can co-teach the Red Cross Swim programs under the supervision of a fully certified WSI. This is a 30-hour course, with an additional 8 hours practice teaching. Please call our office at 543-2274 or email us at recreation@bridgewater.ca if you are interested in taking this course this fall, winter or next spring.



WATER SAFETY INSTRUCTOR (Age 16+)

This course develops instructional ability by focusing on how to apply the information learned in the Assistant Water Safety Instructor Course. Candidates will learn how to effectively plan and teach the Red Cross Swim Program (i.e. preschool, swim kids and aquaadults). This is a 25-hour course, with an 12 hours additional teaching experience. Upon successful completion, candidates are certified as WSI.

Jilien Beaton

Thurs.	Nov. 19	6-9:30pm	White Point Beach Resort
Sat.	Nov. 21	11am-1pm	Days Inn
		1-6pm	Bridgewater Town Office
Sun.	Nov. 22	10am-5pm	Bridgewater Town Office
Tues.	Nov.24	5:30-9:30pm	White Point Beach Resort
Tues.	Dec.1	6-9:30pm	White Point Beach Resort

Fee \$120

CANADIAN TIRE JUMP START 'FUNDS FOR CHILDREN'

Canadian Tire believes that all kids should have the chance to do gymnastics, swim, play hockey or basketball, dance and play. To make this happen, they introduced Canadian Tire Jump Start, which delivers assistance to give all kids a sporting chance. The Bridgewater Parks, Recreation and Culture Department is dispersing some funds on behalf of Canadian Tire Jump Start to youth in the Town of Bridgewater ages 5-18. Funding up to \$300/child is available. Application forms and complete information is available at the Bridgewater Parks, Recreation and Culture Department located at 60 Pleasant Street or call us at 543-2274 and we can fax one or mail one out to you. Applications must be signed by a community reference, such as a teacher, social worker or member of the clergy, etc. Referral agency may fill out application on behalf of applicant.

Nena Erickson has been cheering and coaching almost as long as she can remember. She started coaching and teaching at 13 years old and hasn't stopped since. Nena cheered for her high school team in Sydney, NS and then went to cheer in competitive All Star cheerleading. She opened and operated her own non-profit cheerleading club, formerly Celtic Power Cheerleading, for 3 years before leaving for what she calls, 'real life'. Nena has been judging school cheerleading on a provincial and national scale for the last 3 years and hopes to bring her love for the sport to a new generation of boys and girls, as well as introduce adults to this amazing activity.

KINDER CHEER (Ages 3-6, girls and boys)

Want to be a cheerleader? Would you like to develop rhythm and coordination? Do you want to have fun and make new friends? Kinder Cheer is where future cheerleaders learn to discover their bodies and how we can make them move while playing games and dancing to music. Our first goal is to have fun!

Thurs., Oct. 1 - Nov. 26, 6-6:30 p.m.

BES

\$ 25/9 weeks

YOUTH PROGRAMS

RED CROSS BABYSITTING COURSE (Age 11+)

Get prepared for fall babysitting. Course will cover handling emergencies, injury prevention (i.e. personal safety and security, home, fire and toy safety), babysitting rights and responsibilities, basic first aid and child care, etc. Bring a doll (or stuffed animal), pencil, snack and supper.

Karen Geddes-Selig

Thurs., Sept. 24, 4-8 p.m. and Fri., Sept. 25, 9 a.m. - 1 p.m.

Town Office

\$30 (includes manual and certification)

FLOOR HOCKEY (Grade 4-6)

Run off some energy playing the awesome sport of "floor hockey". Please bring shin pads (soccer ones are perfect), indoor sneakers and leather gloves. Participants MUST wear a helmet with face shield. Sticks are provided.

Troy Dorey

Fri., 6-7 p.m., Sept. 25 - Nov. 20

BES

\$33

CHEER 101 (Ages 8-14, girls and boys)

Have you ever thought about cheerleading? Here's your chance. This class will teach the basics of power cheerleading; from dancing to gymnastics, to jumps and basic stunting. You will learn a short routine and how it all flows together while having fun and staying fit.

Mon., Sept. 28 - Nov. 30, 6-8 p.m.

BES

\$ 52/9 weeks

CHEER FOR ADULTS 100 (Age 18+, men and women)

Do you want to fulfill your lifelong dream of becoming a cheerleader? We're challenging you to try a new workout routine that includes 4 disciplines and gives you a great, total body workout. You will learn the basics of cheerleading and get in shape while doing it.

Thurs., Oct. 1 - Nov. 26, 6:45-7:45 p.m.

BES

\$ 39.82 /9 weeks + \$5.18 HST = \$45



MUSIC, DANCE & SPECIAL INTERESTS

UKULELE FOR BEGINNERS

The ukulele can be a source of joy and accomplishment in the hands of a novice. Join us at this popular class, for a few hours of fun, as you learn to strum chords, read music and sing some old favourites on the ukulele. No prior musical experience is necessary. Bring your own ukulele or order one through the instructor Sandra Obritsch.

Location: BHS

Mon., Sept. 14 - Nov. 9. 6:30-8:30 p.m.

*No class Oct. 12

\$57.52 + \$7.48 HST = \$65/8 weeks

INTERMEDIATE UKULELE

Learn some new strumming and picking techniques, and improve your music reading skills as we play through the new "Ukulele in the Classroom", Book 1 by Hill and Doane. Increase our repertoire with some great new songs. If interested in participating in this class this fall or winter, please call our office at 543-2274 or email us at recreation@bridgewater.ca and leave your name and phone number.

3rd International Ukulele Ceilidh Oct. 22 - 25, 2009 Liverpool, NS

Check out the website at www.ukuleleceilidh.ca for information on this exciting event.



COUNTRY WESTERN LINE DANCE

Check our section of the Lighthouse Log recreation page for details on an upcoming Country Western Line Dance program, or call our office at 543-2274 for details.

Instructor Heidrun Treutner-Lind is a professional dance instructor who completed a comprehensive 3 year training program in a school in Germany, to earn her certification. She has been teaching dance since 1985, running a successful studio in Germany for 15 years, and has also been involved with training and choreography for competitive teen and adult dancers. In addition to this, she has a phys ed degree. Heidrun offers fun, high quality dance instruction!

HIP HOP (Age 5-7)

Learn lots of Hip Hop moves in this fun, high energy class! Heidrun Treutner-Lind will work creatively with participants and, together, we will "tell a story" through dance. Fun is the focus of this beginner level class.

Tues., Sept. 22 - Nov. 24, 5:45-6:30 p.m.

Location: T.B.A.

\$85/10 weeks

HIP HOP (Ages 8-12 & TEEN/ADULT)

Hip hop is a funky, energetic dance which is popular in Music Videos. Professional dance instructor Heidrun Treutner-Lind will teach you basic, step-by-step instructions in this fun class. A perfect way to share a laugh, enjoy music and dance.

Tues., Sept. 22 - Nov. 24

Age 8-12: 6:30-7:15 p.m., \$66/8 weeks

Teen/Adult: 8:15-9:15 p.m., \$75.22 + \$9.78 HST = \$85/8 weeks

Location: TBA

\$85/10 weeks

HIP HOP (Age 5-7, 8-12 & TEEN/ADULTS)

See the next page for details on youth and adult hiphop classes.



FITNESS, HEALTH & SPORT

Now ... is always a good time to start exercising.

Alphabetical Body Conditioning	Monday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Sept. 14 - Dec. 7 12 weeks
Step-It-Up	Tuesday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Sept. 15 - Dec. 8 13 weeks
Walk, Sculpt N'Tone	Wednesday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Sept. 16 - Dec. 9 12 weeks *No class Nov.11
Badminton	Thursday	6:00-7:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Sept. 17- Dec. 10 13 weeks
Cardio Strip Aerobics	Thursday	6-7 p.m.	Anglican Church Hall (Alexandra Ave.)	Jackie Reed	Sept. 17 - Dec. 10 13 weeks
Fit Mix	Saturday	9-10 a.m.	Michelin Social & Athletic Club	Jackie Reed	Sept. 26 - Dec. 5 10 weeks *No class Oct. 10

Fall Fitness Pass (Punch Card)

5 pass - \$24.78 + \$3.22 HST = \$28

14 pass - \$57.52 + \$7.48 HST = \$65

20 pass - \$70.80+ \$9.20 HST = \$80

Fall Season Pass - \$84.07 + \$10.93 HST = \$95

* Pass Expires December 10, 2009

WALK, SCULPT N' TONE

Get the most fat-blasting, muscle-toning and cardio strengthening benefits from your walk. Connie will get your heart pumping and energy flowing as we alternate between lower body and upper body moves. Tone your calves, quadriceps and hamstrings with the incorporation of leg lifts, squats and lunges, etc. into this fitness routine. We will also zone in on problem areas such as the back of your arms, and focus on strengthening your back, shoulders, triceps and biceps ... while we walk. This is a low impact workout that is great for all ages.

CARDIO STRIP AEROBICS

Cardio strip aerobics is a HOT NEW workout trend. Teri Hatcher of Desperate Housewives does it, and so do did characters, Doug and Carrie on "King of Queens." This class tightens abs, and focuses on the waistline, while working out the legs. You'll notice a huge difference in your middle section. Having a workout that is not only fun, but makes you forget you are even exercising is the key to this 'FUN', no impact fitness programs that is easy on your joints and perfect for all ages. "Try cardio strip aerobics to spice up your workout!" (We don't remove clothing.)

BADMINTON

Learn the basic rules and play badminton for a fun, cardio workout. Absolute beginners, as well as experienced players welcome. There is a court for all levels. "Fun is the focus of this popular class!"

ALPHABETICAL BODY CONDITIONING

Get a total body workout targeting different areas of your body during 1 minute intervals. Using your own body and light equipment such as resistance tubing, bosu, skipping ropes and weights, etc., we will go through the "Fitness Alphabet", where each letter represents an exercise or "target area", e.g. Abs, Bicep Curls, Crunches, etc. By the end of the alphabet, we are sure to have zoned in on all problem spots. This fun, group work-out will help improve your balance, flexibility, cardio and strength. There will always be an option for beginners and advanced participants.

STEP -IT-UP

Step burns fat and calories with the added benefit of lower body muscle definition (i.e. butt and thighs). Each class Connie will combine a combo of moves, building a routine over the 8-week period. Step can be done on the floor or using risers, allowing you to exercise at the intensity you want. (Low Impact and High Impact). Classes will end with abs work and stretching ... for an exhilarating workout!

FIT MIX

Jackie will keep you motivated by incorporating palates type moves, kick boxing, floor exercises, strength moves, step, boot camp, and maybe even a little "cardio strip" to this FUN Saturday morning workout. Perfect for all levels. "Start your weekend off right!"

FREE FITNESS CLASS FOR NEWCOMERS

The holder of this coupon is eligible to attend one Bridgewater Parks, Recreation & Culture Department. "Fall Fitness" class (instructed by Connie Banfield) for **FREE Valid the week of September 14-19, 2009.**

BECOMING A GROUP FITNESS LEADER

The Nova Scotia Fitness Association (NSFA) is offering two courses to become a fitness instructor. Fitness Theory & Group Fitness Leader Training. Includes 32 hours of training, covering the following (+ 8 hours teaching experience):

- muscle-skeletal system
- exercise physiology
- anatomy
- basic nutrition
- lesson planning
- body mechanics
- music selection
- identifying 32 music count
- providing cues

To register: Call (902)425-1128, ext. 224 or email nsfa@nsfa.info. Registration deadline is September 9. Contact Angela Curry with Questions at 585-1610 or acurry@eastlink.ca.

Dates: September 19 & 20, October 3 & 4, 9 a.m. - 5 p.m. each day in Bridgewater

Fee: \$395 + 2 year NSFA membership fees of \$84.75

Total: \$479.75

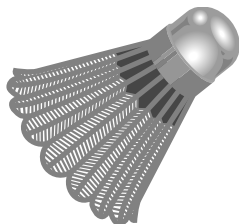
CO-ED DROP-IN BADMINTON

Mon. Oct. 5 - Dec. 7, 7-8:30 p.m.

Michelin Social & Athletic Club

\$4.42 + .56 HST = \$5/class

***No class Oct.12**



CO-ED DROP-IN VOLLEYBALL

Mon., 8-9:30 p.m., Oct. 5 - Dec. 7

BES

Drop-in Fee: \$4.39 + .61 HST = \$5/night (covers facility attendant and gym rental. Please bring correct change.)

***no class Oct. 12**

30 MINUTE LUNCH TIME FITNESS

30 minutes of moderate exercise most days a week can help you feel better, stay healthy and enjoy life to the fullest. Join Connie Banfield for an energizing 30 minutes of fitness. We'll squeeze in some cardio and toning in this circuit training lunch time energizer! Work at a pace comfortable to you! Tuesday will focus on cardio and Thursday will be weights and sculpt.

Tues., Sept.29-Dec.1; Thurs., Oct.1-Dec.3

12:15-12:45 p.m., Michelin Social & Athletic Club

10 classes - \$28.32 + \$3.68 HST = \$32

20 classes - \$44.25 + \$5.75 HST = \$50

CHEER FOR ADULTS 100

(Age 18+, men and women)

Do you want to fulfill your lifelong dream of becoming a cheerleader? We're challenging you to try a new workout routine that includes 4 disciplines and gives you a great, total body workout. You will learn the basics of cheerleading and get in shape while doing it.

Thurs., Oct. 1 - Nov. 26, 6:45-7:45 p.m.

BES

\$39.82/9 weeks + \$5.18 HST = \$45

Instructor: Nena Erickson

DANCE FITNESS

Dance your way to better health and workout using Hip Hop, Latin and Disco dance moves. Try something new, burn some calories and get your exercise for the day through dance - a FUN, low impact activity. Perfect for all ages and fitness levels. Classes are taught by Heidrun Treutner-Lind, a professional dance instructor and phys ed teacher.

Tues., Sept. 22 - Nov. 10, 7:15 - 8:15 p.m.

Location: T.B.A.

\$72.57 + \$9.43 HST = \$82/10 weeks

LADIES KICK BOXING (Age 12+)

This is a fun, exercise class that includes 30 minutes cardio, ab work and kicks (using a heavy bag or shield). A total body work out! Upbeat background music is played during classes. A fantastic way to release tension after a stressful day. Classes are taught by David Penny of South Shore Amateur Boxing.

Mon. & Wed., 6:30-7:30 p.m., starting Sept.2

Tues. & Thurs., 8-9 p.m., starting Sept.1

*no class Sept. 7 (Labour Day)

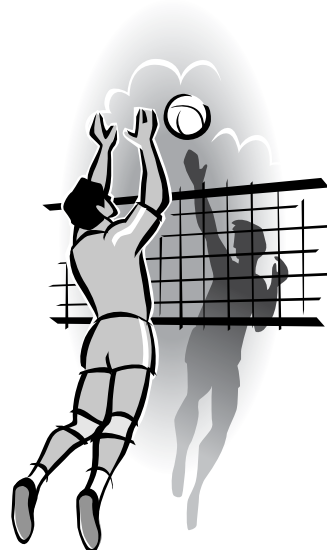
Max.15-20

416 King Street

\$40 first month (2 classes/week)

\$35 (every month thereafter)(2 classes/week)

\$55 (4 classes/week)



HATHA YOGA (Kripalu Style)

A gentle approach and comprehensive understanding of the principles of Hatha Yoga, makes this yoga style easy for everyone from all ages and all bodies. You will go through a series of postures, breathing exercises and relaxation. Come experience a sense of “well-being”. Do not underestimate the value of being balanced and coordinated, and strong, light and more flexible. Yoga will make you sensitive to the inner stillness at the core of your being. Please bring a mat or blanket and wear comfortable clothing. Beginners will learn the techniques of Asana (postures), Pranayama (breathing) and Shavasana (relaxation). Jo-Ann D’Alfonso, certified Kripala Yoga Instructor.

Location: TBA

Thurs. Oct. 2 - Dec. 11, 7-8:30 p.m. (*No class Oct.16)

\$92.92 + \$12.08 HST = \$105/10 weeks

BEGINNER/GENTLE YOGA

This gentle yoga class is suitable for beginners, older adults and prenatal (during pregnancy). Please bring a mat and water. Amanda Stewart.

Thurs., Sept. 15 - Nov. 17, 7:15 - 8:30 p.m.

751 King Street (Tai Kwon Do Studio)

\$99.11 + \$13.89 HST - \$112/10 classes

POWER YOGA - LEVEL I

Ashtanga Yoga, often referred to as Power Yoga, is a style of yoga that generates heat in the body through synchronizing the breath with a progressive series of postures and movement, to purify and strengthen the body. It is energizing, giving you a sense of confidence and well-being. It is great for developing strength and discipline and is a style enjoyed by both men and women. It is great for the immune system, circulation, cardiovascular system and overall health. Amanda Stuart is a teacher. She studied yoga with David Swenson in Detroit, Michigan and completed a 200 hour certification at the Therapeutic Approach Yoga Studio in Halifax. Perfect for individuals who have some yoga experience or are physically fit. Please bring a mat and water.

Thurs., 7:15 - 8:30 p.m., Sept. 17 - Nov. 19

751 King St. (Tai Kwon Do Studio)

\$99.11 + \$13.89 HST - \$112/10 classes

(\$175 any two classes taught by Amanda Stuart)

POWER YOGA - LEVEL 2

This class is for people who have prior yoga experience and are familiar with the terminology and poses. We will build on the strength and endurance we have developed through the Beginner 1 class.

Tues., 5:45 - 7:00 p.m., Sept. 15 - Nov. 17

751 King Street (Tai Kwon Do Studio)

\$99.11 + \$13.89 HST - \$112/10 classes

(\$175 any two classes taught by Amanda Stuart)

YOGA FOR RUNNERS

Yoga is becoming an increasingly popular way for runners to prevent and help reduce injury. It can also help increase stamina, flexibility, core strength and range of motion, and improve balance, muscular recovery, and mental clarity or focus. Amanda will target areas that become tight, such as hamstrings and hips, and help participant develop relaxed breathing, etc. This class is a perfect low-impact companion for all “activities and sports” including golfing, walking, running, hockey, basketball or soccer, etc. A fantastic “mix-up” your workout to help you avoid boredom. A great class for beginners too. Amanda Stuart.

Thurs., Sept. 17 - Nov. 19, 5:45-7 p.m.

751 King Street (Tai Kwon Do Studio)

\$99.11 + \$13.89 HST - \$112/10 classes

(\$175 any two classes taught by Amanda Stuart)

Lynnette is a professionally trained and Certified Therapist. She studied at the Transformational Arts College in Toronto and continues to study and obtain further accreditation in holistic and alternative health. She currently has a practice at New Life Studio in Mahone Bay where she works with clients as a Certified Reflexologist, Certified Aromatherapist, professionally trained Chakra Balancing and Meditation Therapist and Reiki Practitioner. Lynnette has a background in group facilitation and promises a unique and informative learning experience.

CHAKRA MEDITATION

Learn to meditate and balance body, mind & spirit through the 7 Major Chakras or energy centres in the human body. This "hands-on" course will explore the chakras and reveal the physical, mental, emotional & spiritual aspects of each chakra while teaching participants how to use chakra meditation (structured/active meditation) to balance the stress of everyday life as well as create positive change. Benefits of meditation include reduced stress, better sleep, increased energy, creativity, strength and longevity, lowers heart rate and more! Participants will require a pendulum by the second class.

Tues. 6:30 - 8:30 pm, October 6 - Nov. 10

BHS

\$92.92 + \$12.08 HST = \$105/6 wks.

Bridgewater Memorial Arena Public Skate Schedule

Skate	Day	Time	Start
Adult	Mon., Wed. & Fri.	12-1 p.m.	Oct.14
Parent/Tot	Tues. & Thurs.	11-12 noon	Oct. 13
Family	Sunday	1:30-2:30 p.m.	Oct. 18
Public	Friday	3:30-4:30 p.m.	Oct. 16

Admission:

Adults	\$3
Youth	\$2.50
Parent/Tot	\$1 (Adults) .50 (Child) (under 5 years of age)



**CALL OUR INFO LINE AT 541-4380 FOR
SCHEDULE START DATES AND CHANGES.**

AFTERNOON SOCIAL BADMINTON - ALL AGES

See Adults Age 50+ section for complete details.



“Move It & Lose It” FALL CHALLENGE

Inspired by NBC's "The Biggest Loser", fitness instructor Connie Banfield and 10 friends attending her fitness classes decided, last spring, to set a personal challenge to improve their lifestyle by eating better and getting more active. They decided to hold a mini "Biggest Loser" competition and the results were amazing! **Connie lost 90 lbs.** She said, "I'm not carrying an extra person any more...and my clothes feel so much better!" She also indicated that her energy level has increased. "It's wicked!" Connie attributes her weight loss to healthier eating . . . and jump starting her system, by changing her work-out plan. The success of Connie's mini challenge was the inspiration of our winter and spring "Move It & Lose It" Challenge, where 50 men and women from Lunenburg County worked towards getting more active and making healthier food choices. By popular demand, we are offering a **FALL CHALLENGE**. The following are the details:

This 8 week challenge, extending from **SEPTEMBER 28 - NOVEMBER 20, 2009**, will include WEEKLY WEIGH-INS (OPTIONAL); WALKS; ACTIVITY AND INFO SESSIONS, DRAW PRIZES AND HAND-OUTS.

“WALK ABOUT” TALK & CHALLENGE INTRO

To learn more about the fall 'Move It and Lose It' Challenge come to our information night taking place on **Monday, September 21, 7 p.m.** at the Michelin Social & Athletic Club. Guest speaker, Tracy Burgess will help you take the first step to fitness by introducing you to the Heart & Stroke Foundation of NS Walkabout Program. She will also cover the benefits of walking, how to use a pedometer, walking in seasons, ways to stay motivated and much more. Join us for a fun and interactive evening all about walking!



WALKS

Meet each week with instructor Connie Banfield at HB Studios Sports Centre (located on Glen Allan Drive).
Wednesday, Sept. 30, Oct. 14, 21, 28, Nov. 4, 18 7-8 p.m.
Thursday, Oct. 1, 8, 15, 22, 29, Nov. 5, 12, & 19, 9:30-10:30 a.m.

ACTIVITY SESSIONS

Activity sessions will take place at the Bridgewater Elementary School (enter school via the Queen Street entrance).

Tuesday	Sept. 29	7-8 p.m.	Walk n' Tone	Connie Banfield
Wednesday	Oct. 7	6-7 p.m.	Dance Fitness	Heidrun Treutner-Lind
Tuesday	Oct. 13	7-8 p.m.	Yoga	Jo-Ann D'Alfonso
Tuesday	Oct. 20	7-8 p.m.	Alphabet Conditioning	Connie Banfield
Tuesday	Oct. 27	7-8 p.m.	Fix Mix	Jackie Reed
Tuesday	Nov. 3	7-8 p.m.	Nordic Walk	Connie Banfield
Tuesday	Nov. 10	7-8 p.m.	Badminton	Connie Banfield
Tuesday	Nov. 17	7-8 p.m.	Walk and Tone	Connie Banfield

WEIGH-IN

We will weigh in at the Michelin Social & Athletic Club every Monday extending from Sept. 28 - Nov. 23, 2009, 6:30-7:30 a.m. or 6:30-7:30 p.m. (Weigh-in will take place on Tuesday, Oct. 13 due to the Thanksgiving Holiday). Measurements will be taken the first and last weigh-in. There will be 1st, 2nd and 3rd place PRIZES for the most weight lost and a prize for "most inches lost." (Participants will only be eligible for one prize, i.e either weight lost or inches lost.) Prizes will be determined after registration has taken place.

MOVE MORE

This challenge is based on MOVE MORE, a program of Recreation Nova Scotia, that is funded by the NS Egg Producers and supported by the NS Department of Health and Protection. Move More is geared to adult participants who are not currently very active ... and would like to take the first step towards becoming healthier. It combines discussions on health-related topics with fun.

FEE: \$57.52 + \$7.48 HST = \$65

Come join us no matter what your fitness level, or if you feel you have a little or a lot to lose. Weigh-ins are optional, so if you want to participate in the info and activity sessions, without weighing in, feel welcome to do that. This challenge is about helping us make better choices that will lead to a healthier lifestyle.

NORDIC WALKING



Nordic Walking is excellent for people who are looking for an outdoor sport, which is easier on their joints and knees than running. It began as a summer training exercise for serious cross country skiers. Fitness walkers in Europe adopted Nordic Walking as a time efficient, low stress, total body workout. Today, approximately 500,000 people in Finland enjoy Nordic Walking regularly and it is spreading in popularity throughout Scandinavia and North America.

Why Try Nordic Walking? With Nordic Walking, the upper body uses 30% more energy compared to walking and with proper technique, it strengthens abdominal and back muscles. It doesn't aggravate joints and knees and is safe on slippery surfaces. You'll also burn more calories and enhance the cardio aspect of your "workout" without walking faster or longer, and there's the added benefit of strengthening your upper body while creating resistance, which will also help build better bone density. Nordic Walking relieves neck and shoulder pain, improves neck and chest mobility ... and enhances mood. "It's a perfect activity for all ages and fitness levels!"

INTRODUCTION TO NORDIC WALKING WORKSHOP

This workshop will cover the history, benefits, proper technique and equipment required for Nordic Walking. We will also get some "hands on" experience (warm-up, walk and easy stretching) in the Michelin Social Club gym. Weather permitting, there will be an "optional" outdoor walk.

Connie Banfield

Tues., Sept. 29, 6:30-8pm **Or** Sat., Oct. 17, 10-11:30am **Or** Wed.,
Nov. 18, 6:30-8pm

Michelin Social & Athletic Club Gym

\$13.27 + \$1.72 HST = \$15 (includes pole rental)



NORDIC WALKING AT YOUR CONVENIENCE

If you and a group of friends or staff would like to experience Nordic Walking, we can set up a 1.5 hour intro clinic "especially for you." Call us at 543-2274 or leave a message at 541-4384 (voice mail). Maximum 15 participants.

\$66.37 + \$8.63 HST = \$75



TRADITIONAL CRAFTS

Grace Swan taught handweaving, crochet and needlepoint for many years through adult education departments, etc. She also owned and operated The Mews Arband Crafts Complex (Hudson, Quebec) and co-owned and operated Cobwebs (One-of-a-Kind Handwoven Apparel, Montreal, Toronto & Ottawa).

NEEDLEPOINT FOR BEGINNERS

Learn the various stitches needed to create elegant tapestry, the different types of materials available, and where to obtain them. Students will learn finishing techniques, how to work from a graph, produce a small sampler, and work on individual projects. Materials supplied.

Grace Swan

Thurs., Oct. 1 -22, 9-10:30 a.m.

Bridgewater Town Office

\$44.25 + \$5.75 HST = \$50/4 weeks

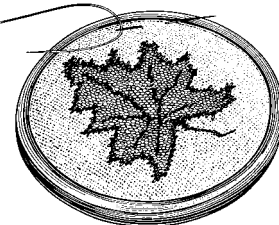
CROCHET FOR BEGINNERS

If you have ever wished you had learned the art of crochet, this is for you. Learn all the stitches, as well as creating a project of your choice. Materials supplied.

Register by Sept. 24.

Thurs., Oct. 1-29, 10:45 a.m.
- 12:15 p.m.

\$53.10 + \$6.90 HST = \$60/5
weeks



FIRST AID/C.P.R.

Refunds for the following first aid courses will only be given with one week's notice prior to course commencement.

CANADIAN RED CROSS EMERGENCY & STANDARD FIRST AID & CPR RECERT

Re-certify your emergency or standard first aid qualifications. Please bring proof of your certification when registering.

Laura-Lee Johnson
Emergency

Sat., Oct. 17, 9 a.m. - 1 p.m.,
Town Office

OR

Tues., Nov. 3, 6-10 p.m., BHS
\$35.40 + \$4.60 HST = \$40
Standard

Sat., Oct. 17, 9 a.m. - 5 p.m.,
Town Office

OR

Tues. & Wed., Nov. 3 & 4, 6-
10 p.m., BHS
\$48.67 + \$6.33 HST = \$55



ST. JOHN AMBULANCE CPR-C AND AED

Participants will learn in depth theory and practice of adults, child and infant resuscitation skills by one and two rescuers and use of an Automated External Defibrillator (AED). On successful completion, participants will receive a certification card.

David Nash

Tues. & Wed., Oct. 27 & 28, 6-10 p.m., BHS
\$48.67 + \$6.33 HST = \$55 (includes manual)

CANADIAN RED CROSS STANDARD FIRST AID & CPR (BLSC)

Learn the skills and knowledge necessary to deal with life threatening situations and provide assistance to persons in physical distress. Includes care for fractures, head and spinal injuries, cuts, burns, poisoning, choking, cardiac arrest and other sudden medical conditions. CPR on adults, infants and children will also be covered.

Laura-Lee Johnson

Sat. & Sun., Oct. 24 & 25, 9a.m. - 5 p.m., Town Office

OR

Laura-Lee Johnson
Sat. & Sun., Nov. 14 & 15, 9 a.m. - 5 p.m., Town Office
\$84.07 + \$10.93 HST = \$95

FIRST AID AT YOUR CONVENIENCE

If you have a group of friends or staff that require first aid or CPR training, and our current courses don't fit your schedule, please give us a call at 543-2274 or 541-4384 (voice mail). We can arrange a course for you.

CANADIAN RED CROSS EMERGENCY FIRST AID & CPR (BLSB)

Learn basic skills necessary to deal with emergency first aid situations necessary to sustain life. Covers techniques for dealing with shock, unconsciousness, bleeding, choking and cardiac arrest, etc. CPR on adults, infants and children will also be covered.

Laura-Lee Johnson

Sat., Oct. 24, 9a.m. - 5p.m., Town Office

OR

Laura-Lee Johnson

Sat., Nov. 14, 9 a.m. - 5 p.m., Town Office

\$57.52 + \$7.48 HST = \$65

ST. JOHN AMBULANCE STANDARD FIRST AID & CPR (BLSC)

Learn the skills and knowledge necessary to deal with life threatening situations and provide assistance to persons in physical distress. Includes care for fractures, head and spinal injuries, cuts, burns, poisoning, choking, cardiac arrest and other sudden medical conditions. CPR on adults, infants and children will also be covered.

Ivy Lowe

Sat. & Sun., Sept. 26 & 27, 9 a.m. - 5 p.m., Town Office

OR

David Nash

Tues. & Wed., Oct. 20 & 21, 8:30 a.m. - 4:30 p.m., Town Office

OR

Wed. & Thurs., Nov.18 &19,8:30 a.m.-4:30p.m.,Town Office

OR

Tues. & Wed., Nov. 24, 25, Dec.1,2, 6-10 p.m., BHS

\$84.07 + \$10.93 HST = \$95

ST. JOHN AMBULANCE EMERGENCY FIRST AID & CPR (BLSA)

Learn the basic skills necessary to deal with emergency first aid situations necessary to sustain life. Covers techniques for dealing with shock, unconsciousness, bleeding, choking and cardiac arrest, etc. CPR on adults will also be covered.

Ivy Lowe

Sat., Sept. 26, 9 a.m.-5 p.m., Town Office

OR

David Nash

Tues., Oct. 20, 8:30 a.m. - 4:30 p.m., Town Office

OR

Wed., Nov.18, 8:30 a.m.-4:30 p.m.,Town Office

OR

Tues. & Wed., Nov. 24 & 25, 6-10 p.m., BHS

\$57.52 + \$7.48 HST = \$65



ZOOMERS (ADULTS AGE 50+)

PRIMETIMERS (Age 50+)

Come join Connie 1, 2 or 3 times a week to improve your strength, endurance, flexibility and balance. Monday is "Step" (use step and risers or get a wonderful cardio workout using the floor), Wednesday is "Weight Day" ... working head-to-toe, and Friday is "Little Bitty Day" ... a little bit of this and a little bit of that." We finish each class with abs and stretching. Come have a great laugh and meet some great people ... and enjoy some coffee, served by "club" management, after each class.

Mon., Sept. 14-Dec. 14/13wks

Wed., Sept. 9-Dec. 16/14wks

Fri., Sept. 11-Dec. 11/14wks

9:30-10:30 a.m.

Michelin Social & Athletic Club

Drop-in Fee: \$2.65 + .35 HST = \$3/class

*No class Oct. 12 or Nov. 11



NICE & EASY (Age 50+)

A decrease in strength, balance, energy, flexibility and fitness level can develop as we get older. "Nice and Easy" is for people with joint problems, who are older or have not exercised lately and adults "who understand if you don't use it, you'll lose it." Studies have shown this type of activity dramatically increases mobility, confidence and improves quality of life. A gentle warm-up will be followed by exercises, a cool down and stretches. All can be done standing or using a chair. "Lots of jokes, cooking tips and laughs with instructor Connie Banfield." This program is supported by NS Health Promotion & Protection.

10:45-11:45 a.m.

Mon., Sept. 14 - Dec. 7/12 weeks

Fri., Sept. 18 - Dec. 4/12 weeks

Michelin Social & Athletic Club

1x/week: \$24 + \$3.12 HST = \$27.12/12 classes

2x/week: \$48 + \$6.24 HST = \$54.24/24 classes

*No class Oct. 12

SOCIAL BADMINTON - ALL AGES

Come and enjoy a fun hour of badminton. Play and learn basic rules. Beginners and players with prior experience welcome. We have a court for all levels. "A great cardio workout, with fun being the focus."

Connie Banfield

Tues., 1-2 p.m., Oct. 6 - Dec. 8

Michelin Social & Athletic Club

\$39.82 + \$5.18 HST = \$45/9 weeks



VALLEY FALL FESTIVE TOUR – Vineyard, Hennigar's and Wheaton's

Join us for a fall festive tour of the Annapolis Valley. We will visit Gasperau Vineyards, a small boutique winery (35 acres) located in beautiful Gaspereau Valley, just minutes from downtown Wolfville. (Tour includes tasting) A genuine NS vineyard and winery experience. There's a lovely gift show to browse through. We'll then head to Hennigar's Farm Market for some "Valley Fresh Produce" and you can take a few minutes to stroll through the hiking trail. Then we will visit Wheaton's (Berwick), where it always feels like home! You'll find candles, bath blasts, home accents, Christmas decorations, collectibles and more. We'll enjoy a home made lunch on-site at the Cider Press Café.

Tour Guide: Connie Banfield

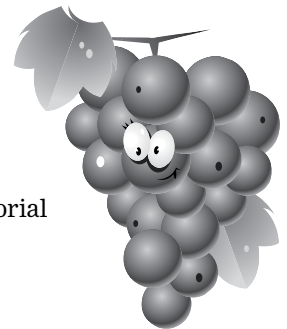
Thursday, September 24

Depart from the Bridgewater Memorial Arena at 8:45 a.m.

ETA Arrival Home: 5:00 p.m.

\$28.32 + \$3.68 HST = \$32

(lunch at participants expense)



DANCE FITNESS

Dance your way to better health and workout using Hip Hop, Latin and Disco dance moves. Try something new, burn some calories and get your exercise for the day through dance - a FUN, low impact activity. Perfect for all ages and fitness levels. Classes are taught by Heidrun Treutner-Lind, a professional dance instructor and phys ed teacher.

Tues., Sept. 16 - Nov. 4, 7-8 p.m., Kinsmen Hall OR

Thurs., Sept. 18 - Nov. 6, 9:30-10:30 a.m., Michelin Social & Athletic Club

\$48.67 + \$6.33 HST = \$55/8 weeks

AQUAFIT COMBO (Age 50+)

A "fun" program including aquaspinning (a cycling move and snoodle work (toning with small noodles). Gentle on muscles and joints, but gets your body moving and heart pumping. Work at a pace comfortable to you. Lots of fun!

Karen Geddes-Selig

Mon., Sept. 21 - Nov. 23, 3:45-4:45 p.m.

*No class Oct. 12

Days Inn

\$60.18 + \$7.82 HST = \$68/9 weeks

AQUA ARTHRITIS

See Aquatic section (page 25) for details.

CHEER FOR ADULTS

See page 29 for details.

CONTINUING EDUCATION COURSES

BEGINNER CONVERSATIONAL GERMAN

This course is designed for those with little or no knowledge of the German language. Weekly lessons will help you to build a working vocabulary and to practice your conversation skills. Some basic grammar will be introduced. German is instructor Lilo Schmidt's native language. Her classes are well-planned and enjoyable.

Wed., Sept. 30 - Nov. 25, 7-9 p.m.

BHS

\$66.37 + 8.63 HST = \$75/8 classes

Textbook: \$24

*No class Nov. 11

CONVERSATIONAL GERMAN - "The Next Step"

This course is designed for those with a basic understanding of German and provides the environment to build vocabulary and improve grammar. Join Lilo for weekly conversation practice with some structural language exercises.

Lilo Schmidt

Wed., Sept. 30 - Nov. 25, 7-9 p.m.

BHS

\$66.37 + \$8.63 HST = \$75/8 classes

*No class Nov. 11

BEGINNER CONVERSATIONAL FRENCH

Using vocabulary, role playing, conversation and grammar, participants will learn how to "converse" in French. Perfect for travellers, parents of children who are taking French Immersion or anyone interested in being introduced to the French language. Jilien Beaton is currently a teacher at Ecole de la Rive Sud and studied at the University of Sainte Anne and at Trois Riviere, Quebec. When registering, please indicate if you would prefer more emphasis on conversation and vocabulary or on written French and grammar.

Jilien Beaton

Wed., Oct. 7 - Dec. 2, 6:15-8:15pm

BHS

\$66.37 + \$8.63 HST = \$75/8 weeks

CONVERSATIONAL FRENCH II

A continuation of French I or for those with a basic understanding of the French language. Learn to say more, with confidence. Develop continuous conversation and oral comprehension skills. "Classes are fun!"

If interested in participating in this course this fall, please leave your name and contact number(s) and indicate what evening(s) you are available by calling 543-2274 or emailing us at recreation@bridgewater.ca.

\$66.37 + \$8.63 HST = \$75/8 weeks

Instructor: Jilien Beaton

SOLAR SHELTER DESIGN

Solar Nova Scotia offers a practical, how to course on designing and building solar shelters, including greenhouses, solariums, additions, and especially solar homes. Learn solar basics, climate control, site and shelter design, cost, solar construction, contracting, and do-it-yourself tips. Intended for the general public and those in design and construction. Don Roscoe is one of Canada's most experienced solar designer builders.

Mon., Oct.19-Nov.23, 6:45-9:45 p.m.

BHS

\$79.65 + \$10.35 HST = \$90/individual/6 weeks

\$132.74 + \$17.26 HST = \$150/couple/6 weeks



BEGINNER INSTRUCTIONAL BRIDGE

Learn the 5 Card Major tandard American Bidding system with instructor, Glendon Dominoe. This is a beginner level 1 course that will focus on bidding and basic rules to help you feel comfortable playing Bridge.

Tues., Sept. 29 - Nov. 3, 7-9:30 pm

Anglican Church (classroom)

\$132.74 + \$17.26 HST = \$150/couple/6 weeks



COMPUTER COURSES

All computer courses will take place in the Acadia Centre for Social & Business Entrepreneurship (ACSBE Resource Centre) located in the Gateway Plaza, 215 Dominion Street.

COMPUTER BASICS

This is an absolute beginner level class that will teach the participant: how to turn the computer on; become comfortable with a mouse and keyboard; and learn the name of computer parts and common terminology, etc.

Julie Gilvear

Mon. Sept. 28 & Oct. 5, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

EXCEL BASICS - LEVEL I

Excel can easily be used in the home or business, so don't let it intimidate you. It can help you organize information (address book, music library); keep records (household or business budget, community organization treasurer's report); do mathematical calculations; reports; and charts, etc. Come join us for an easy step-by-step look at what this powerful program can do! The possibilities are endless.

Julie Gilvear

Thurs., Oct. 1 & 8, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

EXCEL BASICS - LEVEL II

Take the next step. This course will cover all the basics of data entry, formatting of text and numbers, the functions of menu and tool bar shortcuts, insertion of graphics and visual enhancements, basic mathematical formulas, sorting data, creating subtotals in financial reports, searching techniques and chart creation.

Julie Gilvear

Thurs., Oct. 15 & 22, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

MS WORD - LEVEL I

This introductory word processing course will cover topics such as saving; cut, copy and paste; setting margins; indents and line spacing; bullets and numbering; borders and shading; inserting clip art; and printing. You will also take a look at menus and tool bars. Participants should have taken Computer Basics or have comparable knowledge before taking this course. Perfect for the novice computer user.

Julie Gilvear

Mon., Oct. 19 & 26, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

MICROSOFT ACCESS

Microsoft Access is a very powerful database program with numerous features. Database applications allow you to store data in an organized record format. They are sometimes referred to as 'electronic filing systems' and are structured so that they can be used to retrieve, sort and search for data. Computerized databases have vast storage capacity to store records such as stock control in stores. Smaller databases may be used for storing details of your personal CD or book collection. Join us for an introduction to Access and learn how to create a database, input, edit, and sort data, as well as search for specific data using filters and queries.

Julie Gilvear

Thurs., Oct. 29 & Nov. 5, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

MS WORD - LEVEL II

This is a natural follow-up to Word Level I or for anyone having basic word processing skills. Get hands-on experience with indents, line and character spacing, 3-D and shadow effects, columns, inserting of tables, spreadsheets, and images or text right off the Internet. Bring a CD-ROM if you want to save your creations.

Julie Gilvear

Mon., Nov. 2 & 9, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

DESKTOP PUBLISHING

Using Microsoft Desktop, you will learn the basics of Desktop Publishing. This is simply a way for you to create brochures, posters, signs, newsletters, invitations and business cards, etc. Combine text, graphics, design elements and printing facilities to produce materials in a variety of layouts and styles. Perfect for use at home or office or by community organizations.

Julie Gilvear

Thurs., Nov. 12 & 19, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45

POWERPOINT

With Powerpoint, you can learn how to make creative slide shows or powerful presentations for the home or office. Incorporate text and images to make your presentations dynamic and interesting. You'll love "playing" with Powerpoint, whether a professional, member of a volunteer or public service organization or individual. "Come have a little fun!"

Julie Gilvear

Mon., Nov. 16 & 23, 6:30-8:30 p.m.

\$39.82 + \$5.18 HST = \$45





BRIDGEWATER JUNIOR/SENIOR HIGH SCHOOL
5K RUN/WALK FOR GREEN

Sunday, October 18th, 2009, 1:00 p.m.

Start and Finish at

Bridgewater Jr/Sr High School

Registration Fee: \$20

(First 100 registrants will receive a FREE T-SHIRT.)

This run/walk is a fundraiser in support of the Bridgewater Jr/Sr High School Backyard Project.

The vision is to create spaces in the "backyard" of the school that will "green-up" and beautify the property, and which are environmentally friendly, aesthetically pleasing, and rich in opportunities for various forms of physical activities. The project will include landscaping (shrubs, trees, and plants & pathways etc.), a sports court, an outdoor classroom, bike racks, and seating etc. The total cost of this "community project" is projected to be approximately \$340,000.

Come out with your family, friends or co-workers to support this project that will benefit all of us!

Call 541-8262 for registration information or e-mail rawdind1@staff.ednet.ns.ca.